

Microbiome Information for: Tourette syndrome

For non-prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

This report may be freely shared by a patient to their medical professionals

Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Tourette syndrome

Nota Bena: Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

Bacteria Name Rank Shift Taxonomy ID				Bacteria Name Rank Shift Taxonomy ID			
Oscillospiraceae	family	Low	216572	Dorea	genus	High	189330
Turicibacteraceae	family	Low	2810281	Lactobacillus	genus	Low	1578
Akkermansia	genus	High	239934	Streptococcus	genus	High	1301
Alloprevotella	genus	High	1283313	Mycoplasma pneumoniae	species	High	2104
Bacteroides	genus	Low	816	Streptococcus pyogenes	species	High	1314

Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

(3S,4R,5S)-1,3,4,5,6-Pentahydroxyhexan-2-one {Sorbitol}
 2-hydroxyethyl)trimethylazanium {choline} 1 g/day
 acetylsalicylic acid, aspirin
 Adeps suillus {Lard}
 Agaricus bisporus {White button mushrooms}
 Aronia arbutifolia, Aronia melanocarpa {Chokeberry}
 ascorbic acid {Vitamin C} 30 g/day
 Bifidobacterium breve {B. breve} 15 BCFU/day
 Brassica oleracea var. italica {Broccoli}
 cranberry bean flour
 Crocus sativus {Saffron}
 Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}
 Inonotus obliquus {Chaga Mushroom}
 Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day
 Lactiplantibacillus argenteratensis {Lactobacillus argenteratensis}
 Lactose {Milk Sugar}

long-term, moderate-intensity exercise {exercise}
 Nicotine, Nicotine Patch
 Oryza sativa {Rice}
 Rheum x hybridum {Rhubarb}
 Rhubarb x Peony {Rhubarb Peony Decoction}
 Riboflavin {Vitamin B2} 400 mg/day
 Sambucus nigra L. ssp. canadensis {Elderberry}
 Shen Ling Bai Zhu San {参苓白术散}
 Sleep apnea {partial sleep deprivation}
 Sodium Chloride {Salt}
 Streptococcus salivarius subsp. thermophilus {S. thermophilus}
 synthetic disaccharide derivative of lactose {Lactulose}
 Titanium Dioxide {E171}
 Tudca
 Vaccinium vitis-idaea {lingonberries}
 Vsl#3 {Visibio}
 Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

spain (es) / muvagyn probiotico
Pregnancy Care Probiotic
Bulk Probiotics / B. Breve Probiotic Powder
ProGoes® Forte
naturopathica (au) / gastrohealth probiotic adults 50+
Metabolics / Lactobacillus Rhamnosus Powder
optibac / for those on antibiotics
spain (es) / ns defenbiotic kids
Lab One / N ° 1 SportBiotic
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
Bulk Probiotics / L. Rhamnosus Probiotic Powder
CVSHealth / Daily Probiotic
CustomProbiotics.com / B. Breve Probiotic Powder
Ombre / Harmony
Maple Life Science™ / Bifidobacterium breve
jarrow formulas / jarro-dophilus mood
spain (es) / ns florabiotic instant
naturopathica (au) / gastrohealth probiotic daily care
Bromatech (IT) / Ramnoselle
Biorela® Daily
PharmExtracta (IT) / Brevicillin Stick

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

(2->1)-beta-D-fructofuranan {Inulin}	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
2,3-dihydroxypropyl dodecanoate {Monolaurin}	Lactocaseibacillus casei {L. casei}
allium sativum {garlic}	Lactocaseibacillus paracasei {L. paracasei}
Azadirachta indica {Neem}	Lactobacillus plantarum {L. plantarum}
bacillus	Ligilactobacillus salivarius {L. salivarius}
bacillus licheniformis {b. licheniformis}	Limosilactobacillus reuteri {L. Reuteri}
bacillus subtilis {B. Subtilis }	Menta × piperita {peppermint}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Metha family {Mint}
bifidobacterium bifidum {B. bifidum}	oligosaccharides {oligosaccharides}
Bovine Milk Products {Dairy}	origanum vulgare {oregano}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Outer Layers of Triticum aestivum {Wheat Bran}
Curcuma amada {Mango ginger}	Panax ... {Ginseng}
Curcuma longa {Turmeric}	pectin {pectin}
D-(-)-Fructose {Fruit sugar}	Pentahydroxypentane {Xylitol}
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
fruit	Punica granatum {pomegranate}
fruit/legume fibre	resistant starch
fucoidan {Brown Algae Extract}	rosmarinus officinalis {rosemary}
Galacto-oligosaccharides {GOS}	soy
Ganoderma sichuanense {Reishi Mushroom}	β-glucan {Beta-Glucan}
henopodium quinoa {Quinoa}	Thymus vulgaris {thyme}
Hericium erinaceus {Lion's Mane Mushroom }	yogurt
Honey {Honey }	Zingiber officinale Roscoe {ginger}
Hordeum vulgare {Barley}	β-lactoglobulin {Whey}

Sample of Literature Used

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Additional sources and private correspondance**Private Correspondance , Volume: 1 Issue: 2018**Effects of probiotic administration upon the composition and enzymatic activity of human fecal microbiota in patients with irritable bowel syndrome or functional diarrhea**Research in Microbiology , Volume: 152 Issue: 8 2001 Oct***Authors Patrizia Brigdia, Beatrice Vitalia, Erwin Swennena, Gabriele Bazzocchib, Diego Matteuzzia*Effects of probiotic Enterococcus faecium NCIMB 11181 administration on swine fecal microbiota diversity and composition using barcoded pyrosequencing**Animal Feed Science and Technology , Volume: 201 2015 Mar***Authors Edward Alain B. Pajarillo, Dae-Kyung Kang, Chan-Soo Park, Hyeun Bum Kim, Marilen P Balolong*Curated database of commensal, symbiotic and pathogenic microbiota**Generative Bioinformatics , Volume: Issue: 2014 Jun***Authors D'Adamo Peter*Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas**The FASEB Journal , Volume: 26 Issue: 1 2012 Apr 1***Authors April McLauchlin, Felix Araujo-Perez, Nikki McCoy, Kevin Smith, Bob Sandler, Gary Asher, Temitope Keku*

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Biofilm

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdk15 deficiency disorder

Celiac Disease

Cerebral Palsy

Chronic Fatigue Syndrome

Chronic Kidney Disease

Chronic Lyme

Chronic Obstructive Pulmonary Disease (COPD)

Chronic Urticaria (Hives)

Coagulation / Micro clot triggering bacteria

Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
liver fibrosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis

ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing
Vitiligo